

Mixed-method case studies were conducted in 9 sites, Germany, Greece, Italy, Poland, Portugal, (Spain) Catalonia, Sweden and (United Kingdom) Scotland and Northern Ireland, mapping the structures, processes, and outcomes of policies and practices at the institutional, regional, and local level.

Phase I Desk Review	Evaluating economic, political, and cultural context; Checklist of complex interventions.
Phase II Key Informant Interviews	Assessing development and implementation strategies. Participants included: Primary care and hospital pharmacists, hospital geriatricians, primary care and hospital managers, health system administrators.
Phase III Focus Groups	Validating interim report findings with focus group of primary care pharmacists, hospital and primary care geriatricians, hospital manager and health system administrator.

To learn more about Project SIMPATHY and polypharmacy and adherence in the elderly across Europe contact:

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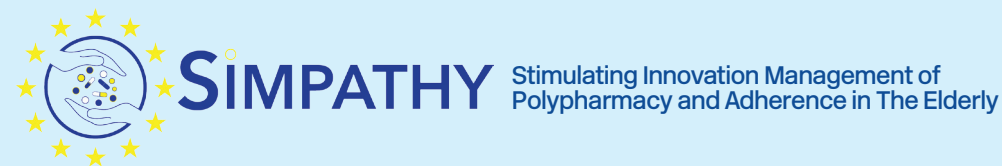


Martin Wilson

Other case studies GERMANY · GREECE · ITALY · POLAND · PORTUGAL · (SPAIN) CATALONIA · SWEDEN · (UNITED KINGDOM) NORTHERN IRELAND

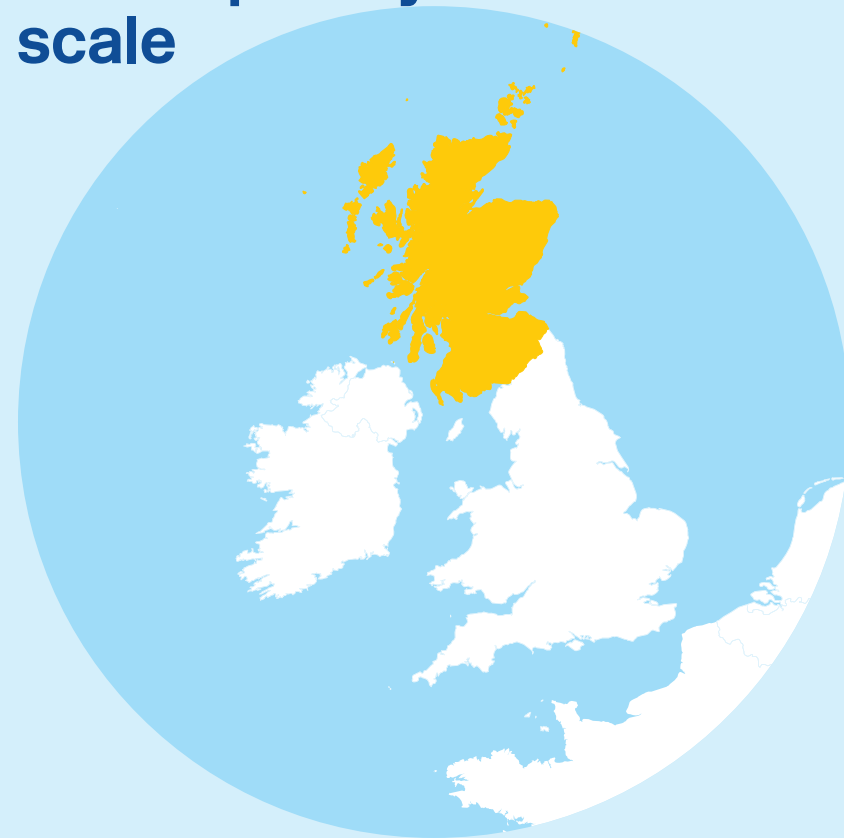
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Polypharmacy Programmes Scottish Case study

Sustainable integrated multidisciplinary solutions @ scale



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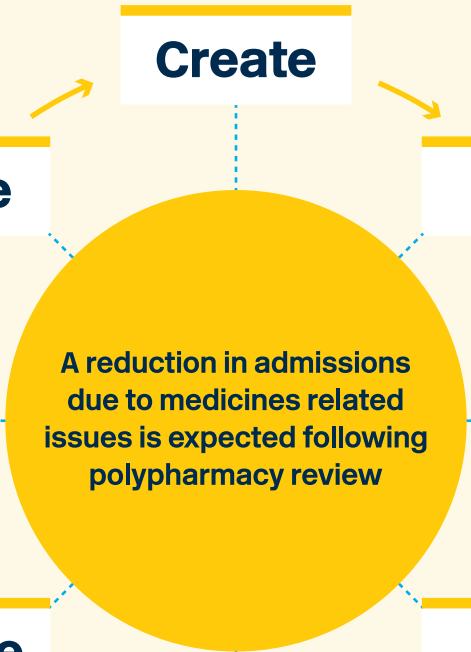
This leaflet is part of the SIMPATHY project (663082), which has received funding from the European Union's Health Programme (2014-2020).

Scotland has a well developed polypharmacy review programme. The National Polypharmacy Guidance (2015) has been adopted by all 14 health boards (100%), with each board developing plans to identify priority patients who have potentially inappropriate elements to their polypharmacy, and to implement reviews for those patients at highest risk of harm.

Introduction of mobile app has sustained acceleration.



<http://www.polypharmacy.scot.nhs.uk/>



The sense of urgency was created by highlighting that current prescribing of medicines was not fit to meet the changing needs of an aging population with increasing multiple long term conditions, particularly in terms of the increasing potential to cause harm and risk to financial sustainability of prescribing patterns.

Building the guiding coalition came from linking the pioneering work by NHS Highland and NHS Tayside with **key clinical policy makers**. Crucial was the early engagement of **clinicians** and **operational leaders**.

Management of polypharmacy using the Scottish multi-disciplinary approach helped develop therapeutic partnerships between doctors and pharmacists in primary care that has been **integrated** into national program of work.

All 14 Scottish Health Boards use the Polypharmacy Guidance.

€20 m is being invested to increase the number of **pharmacists** working in GP practices. Mobile App for clinicians developed

Generating short term wins includes the evidence that on average **one or two medicines were stopped** at each polypharmacy review. There are approximately 12,000 polypharmacy reviews every year in Scotland.

Of those patients identified to be at high risk of hospital admission, pilot work suggested a 40% reduction in hospital admissions following a polypharmacy review. Further reduction in high risk medication related issues is expected from roll out.

Removing barriers to implementation included successful addition of a contractual requirement for GPs, and recognising the potential role of Pharmacist non-medical prescribers. **Design delivery process** to enable care to be integrated into existing patient pathway.

Enlisting the volunteer army was exemplified by NHS Greater Glasgow and Clyde, who serve 25% of the Scottish population, and were able to **implement** the Polypharmacy Guidance at **scale** through using established means of implementation through practice pharmacist networks working with GPs.

Formation of the strategic vision came through refinement of the adoptive work by NHS Lothian and the Scottish Government. **Policy leadership** was essential with **clinical leadership** to meet the needs of patients and prescribers.

- 1 NHS Ayrshire and Arran 2 NHS Borders 3 NHS Dumfries and Galloway 4 NHS Fife 5 NHS Forth Valley 6 NHS Grampian 7 NHS Greater Glasgow and Clyde
- 8 NHS Highland 9 NHS Lanarkshire 10 NHS Lothian 11 NHS Orkney 12 NHS Shetland 13 NHS Tayside 14 NHS Western Isles

